

No Diabetic - Vegetarian Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Oats with fruits	Paneer curry, chapati, salad	Vegetable khichdi, curd
Tuesday	Idli with sambhar	Mixed veg sabzi, rice	Rajma curry, roti
Wednesday	Poha with peanuts	Chole, chapati	Lauki sabzi, rice
Thursday	Upma and curd	Palak paneer, rice	Kadhi, roti
Friday	Vegetable sandwich	Dal, chapati, sabzi	Vegetable pulao, raita
Saturday	Paratha with curd	Baingan bharta, roti	Tinda curry, rice
Sunday	Dosa with chutney	Mixed dal, rice	Aloo gobi, chapati

No Diabetic - Non-Vegetarian Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Boiled eggs, toast	Grilled chicken, rice	Egg curry, roti
Tuesday	Oats with milk	Fish curry, rice	Chicken soup, bread
Wednesday	Paneer sandwich	Chicken biryani	Omelette, paratha
Thursday	Idli and eggs	Egg bhurji, chapati	Fish fry, rice
Friday	Cornflakes and banana	Grilled fish, veggies	Chicken curry, rice
Saturday	Dosa and eggs	Prawns masala, rice	Boiled eggs, salad
Sunday	Poha and egg	Chicken curry, rice	Fish tikka, roti

Pre-Diabetic - Vegetarian Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Multigrain toast, milk	Lentil soup, salad	Vegetable stew
Tuesday	Vegetable oats	Tofu curry, roti	Bajra khichdi
Wednesday	Sprouts with fruits	Paneer bhurji, salad	Mixed veg, chapati
Thursday	Moong dal chilla	Vegetable rice, curd	Stuffed paratha, raita
Friday	Low-fat poha	Bhindi, roti	Vegetable soup, bread
Saturday	Idli with sambhar	Lauki kofta, rice	Dal tadka, roti
Sunday	Upma and nuts	Chole, salad	Khichdi, curd

Pre-Diabetic - Non-Vegetarian Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Boiled eggs, oats	Chicken salad	Egg curry, rice
Tuesday	Egg sandwich	Fish curry, rice	Chicken soup
Wednesday	Oats and milk	Grilled chicken	Boiled egg, chapati
Thursday	Toast and egg	Chicken stew	Fish tikka, salad
Friday	Smoothie, eggs	Grilled prawns	Egg curry, veg soup
Saturday	Sprouts and egg	Fish pulao	Grilled chicken, roti
Sunday	Upma, boiled egg	Fish curry, salad	Chicken roast, rice

Diabetic - Vegetarian Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Oats with chia seeds	Bitter gourd sabzi, roti	Lentil soup, salad
Tuesday	Sprouts, tea	Low oil dal, brown rice	Vegetable curry, chapati
Wednesday	Low GI fruits	Lauki sabzi, roti	Palak dal, rice
Thursday	Moong dal chilla	Vegetable khichdi	Stuffed tinda, roti
Friday	Vegetable upma	Tofu sabzi, rice	Methi dal, salad
Saturday	Low-fat poha	Mixed veg, roti	Cabbage curry, soup
Sunday	Paratha with curd	Pumpkin sabzi, roti	Dalia, salad

Diabetic - Non-Vegetarian Diet Plan

Day	Breakfast	Lunch	Dinner
Monday	Boiled eggs, tea	Grilled fish, salad	Egg whites, soup
Tuesday	Oats and egg	Chicken breast, brown rice	Boiled egg, veggies
Wednesday	Sprouts, egg	Fish curry, low oil	Chicken stew
Thursday	Idli and boiled egg	Grilled prawns	Egg curry
Friday	Low-fat toast, egg	Chicken salad	Fish fry, salad
Saturday	Upma, egg whites	Fish pulao	Boiled chicken, roti
Sunday	Vegetable oats, egg	Grilled chicken	Chicken soup, veggies